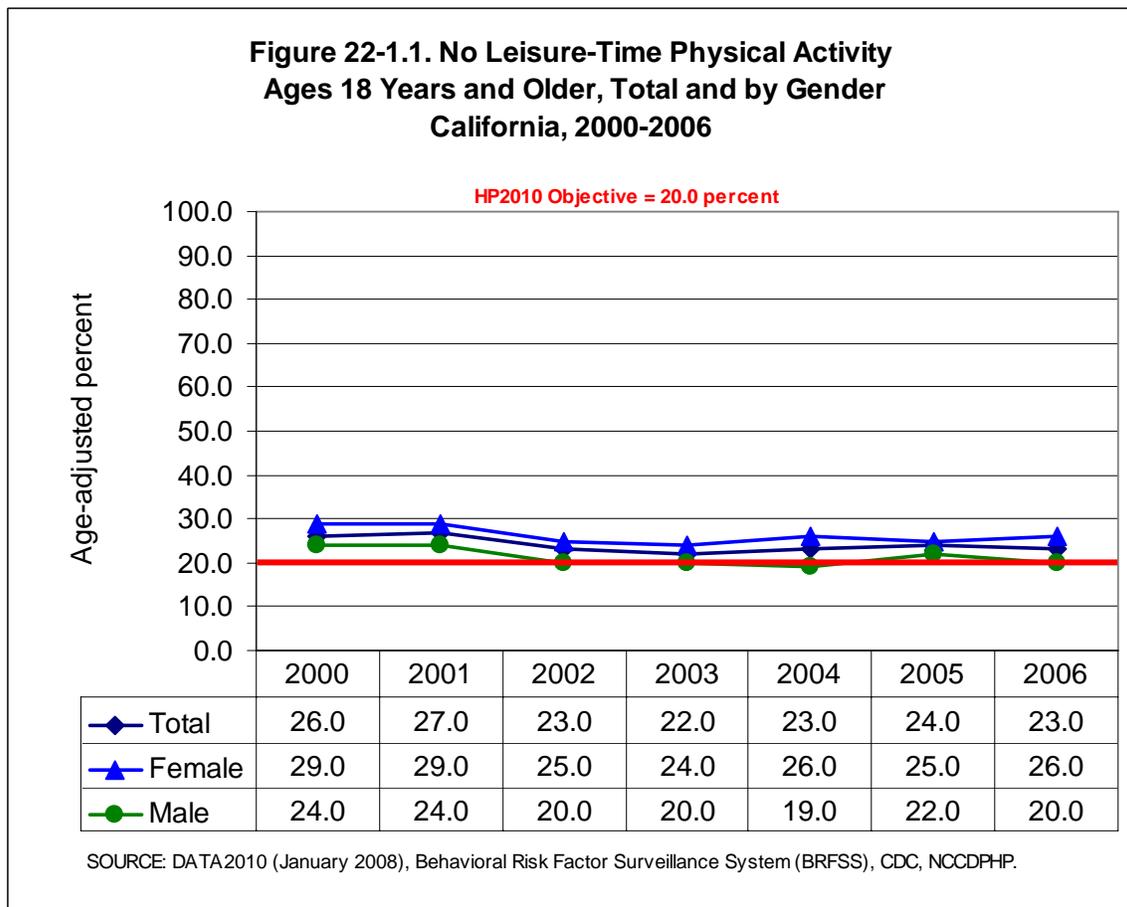


Focus Area 22: Physical Activity and Fitness

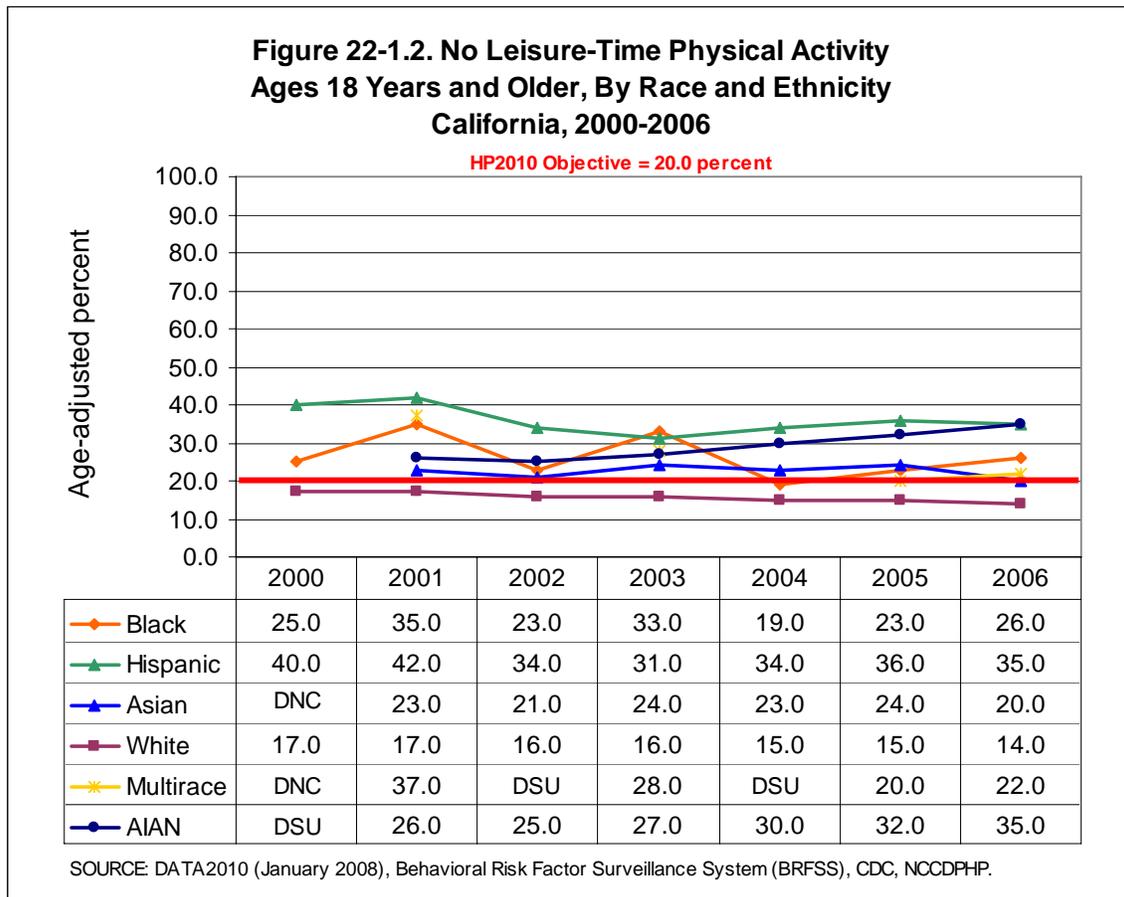
Objective 22-1. Reduce the proportion of adults aged 18 years and older who engage in no leisure-time physical activity. Target = 20.0 percent (age-adjusted) [State Data Source: Behavioral Risk Factor Surveillance System (BRFSS), CDC, NCCDPHP]

California data from the BRFSS in DATA2010 indicate that 23.0 percent of adults aged 18 years and older reported having no leisure-time physical activity in 2006, compared with 26.0 percent in 2000 (**Figure 22-1.1**). Although declining significantly, this HP2010 objective was not yet being achieved for all Californians as of 2006.

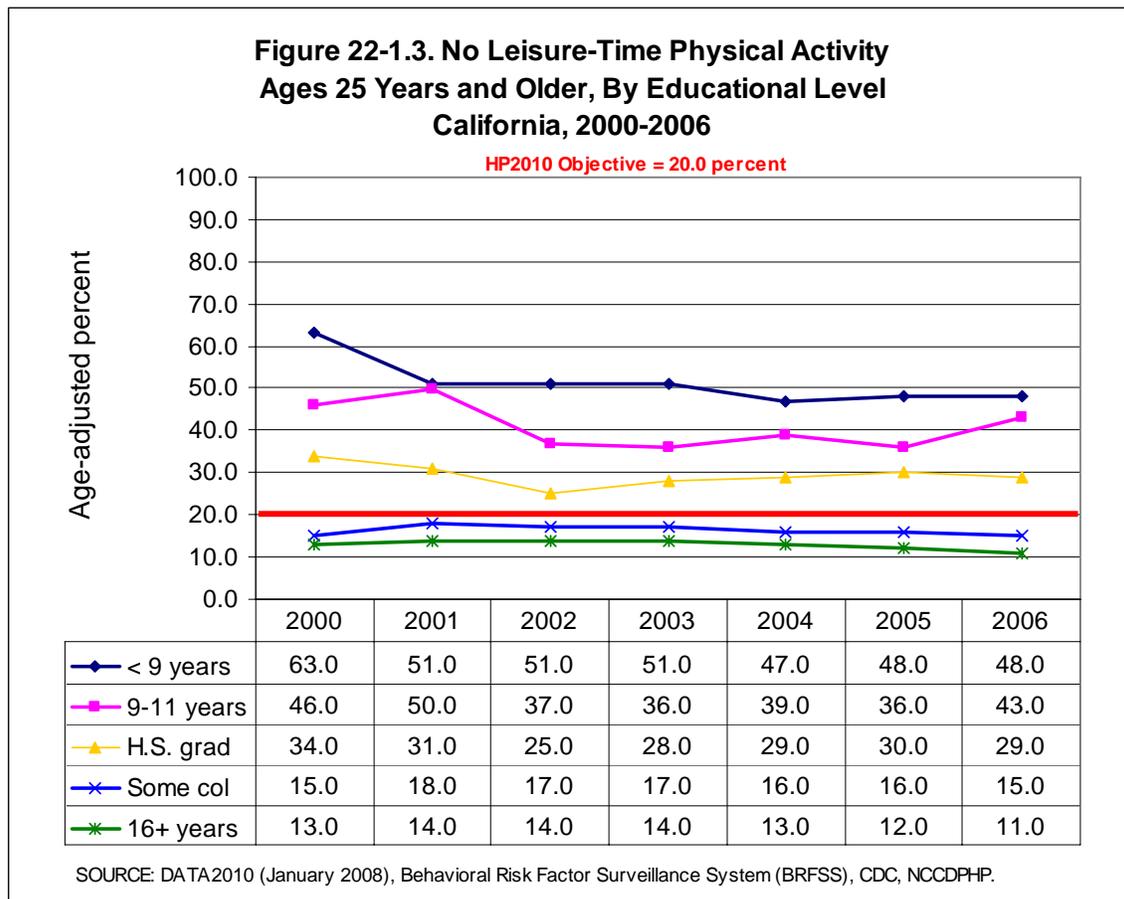


Females experienced higher rates of no leisure-time physical activity than males (26.0 percent of females versus 20.0 percent of males in 2006) (**Figure 22-1.1**). This HP2010 objective was being achieved for males, but not for females, as of 2006.

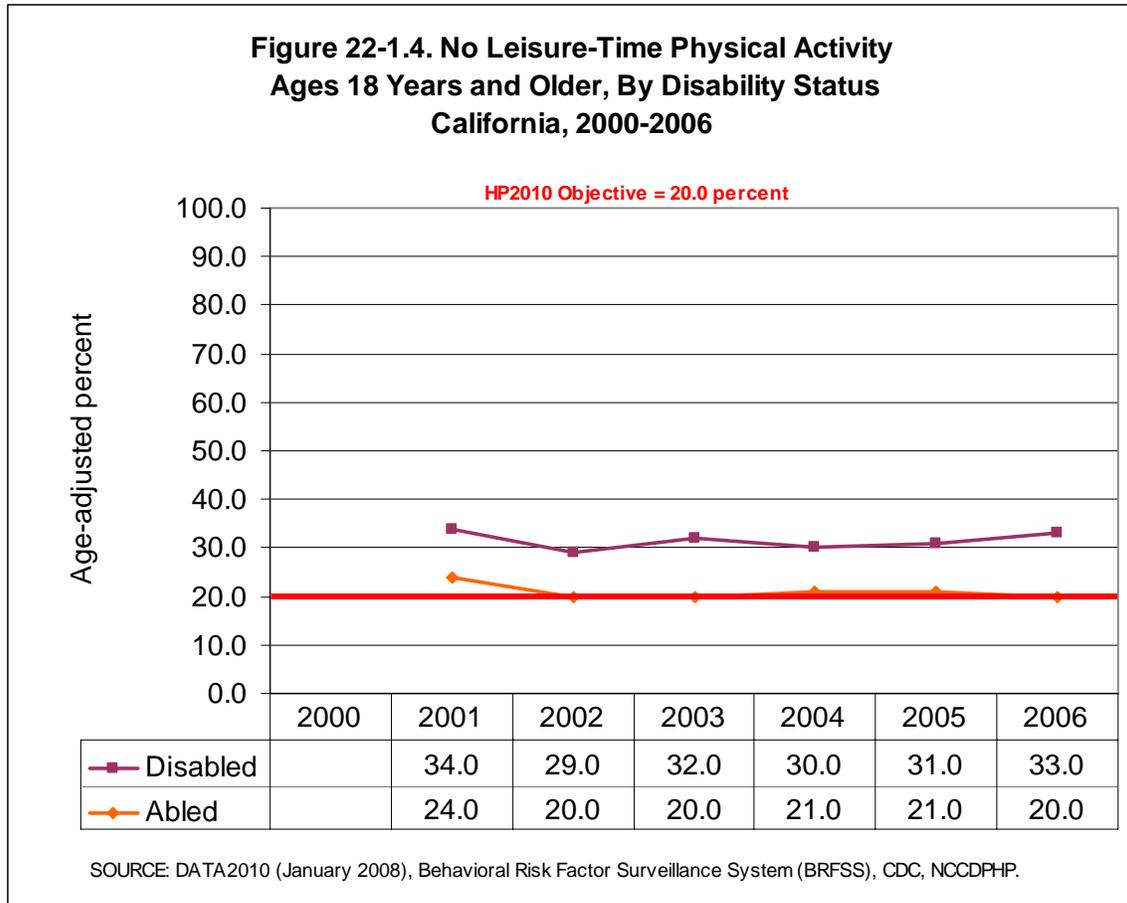
Examined by race and ethnicity (**Figure 22-1.2**), the Hispanic or Latino population and the American Indian or Alaska Native (AIAN) population showed the highest rates of no leisure-time physical activity (35.0 percent each in 2006), followed by Blacks or African Americans (26.0 percent in 2006), and Multiracials (22.0 percent in 2006). The HP2010 target of 20.0 percent was being achieved only for Whites (14.0 percent in 2006) and for Asians (20.0 percent in 2006).



Data by education level (**Figure 22-1.3**) show decreasing rates no leisure-time physical activity with increasing educational level: persons aged 25 years and older with less than nine years of education had the highest rates of no leisure-time physical activity (48.0 percent in 2006); those who had nine to 11 years of education had a rate of 43.0 percent in 2006; those who had graduated from high school had a rate of 29.0 percent in 2006; and those with at least some college had a rate of 15.0 percent in 2006. This HP2010 objective was being achieved only for persons who had at least some college, and those who had 16 years or more of education (11.0 percent in 2006).



Data by disability status (**Figure 22-1.4**) indicate significantly higher rates of no leisure-time physical activity among persons with disabilities (33.0 percent in 2006) than those without disabilities (20.0 percent in 2006). The HP2010 objective was being achieved only for non-disabled adults as of 2006.



For more information on physical activity and fitness, visit the California Center for Physical Activity Web site at: <http://www.caphysicalactivity.org/>

For more information on Healthy People 2010 objective 22-1, please visit: <http://www.healthypeople.gov/Document/HTML/Volume2/22Physical.htm>

and the DATA2010 Web site at: <http://wonder.cdc.gov/data2010/>